



Something
for everyone
Folksy features
Flies, music and
sweet dreams
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SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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craziest 300
pumpkin
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MONDAY NOVEMBER 1, 2018

CONESTOGA COLLEGE, KITCHENER, ONT.

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Waterloo Region remembers



PHOTO BY SCOTT BLOOMFIELD

A member of the Royal Canadian Legion holds a Remembrance Day flag in front of a mural of a soldier holding a poppy flower, during a ceremony held at Memory Gardens Funeral Home and Cemetery in Waterloo on Oct. 29.

IN SOCIETY REMEMBRANCE

More than 1 million Canadians served in the Second World War as part of the Canadian Forces, the merchant marine and other allied forces. In total, there were approximately 15,000 veterans remaining, according to Veterans Affairs Canada. It is a war that is rapidly fading into memory.

On Oct. 29, Memory Gardens Funeral Home and Cemetery hosted its 11th annual Remembrance Day ceremony.

"We have over 400 veterans buried here," said Davey Campbell, funeral director at Memory Gardens. "This is about a history of honouring the veterans we have here with us."

The ceremony began with cemetery officials placing each of the graves with the veterans with a Canadian flag.

When the Royal Canadian Legion originally tried about the ceremony they became involved and a tradition was born.

The service is the first of several in Waterloo Region, and for the last three years has been held on the first day of the Legion's poppy campaign, which raises funds to support veterans and their families.

"The idea of remembrance, the ceremony based here and Sandy Peacock, Zone C 2 commander of the Royal Canadian Legion,

When asked about the importance of remembrance events and held on Remembrance Day, Peacock said, "Not everyone can be off on Nov. 11, and maybe this is a chance for the family of the veterans buried here on route."

The ceremony began with a search of Legion members belonging to branches across

the region. Accompanied by buglers the parade started the short distance from the Royal Legion to a small memorial honouring those who served. The march was made bearing the Canadian Flag, the Union Jack, the NATO Flag and the United Nations Flag, each one honouring Canadians who fought and sacrificed under those.

Kirk Gossman, assistant manager, Zone C of the Royal Canadian Legion, has been involved for the previous 11 years.

"Mostly a chairman I've been involved for as long," Gossman said jokingly. Speaking about what Remembrance Day means to him, he said, "My dad was a veteran. He served five years, when he came home he met his four-year-old daughter."

Remembrance Day will mark the 100th anniversary of the end of the First World War, which passed from living memory in 2018 after the last known Canadian veteran died. The country still has approximately 50,000 First World War veterans, and 100,000 survivors of the Canadian Forces.

Remembrance Day events in Waterloo will take place Nov. 11 on the street on the Doon campus and in the coffee car at the Waterloo, Cambridge, and Guelph campuses.



Canadian flags over the grass of veterans' lawns in front of the cemetery. The staff place the flags every year in advance of Remembrance Day.



CERTIFIED NATURE THERAPY GUIDE PRACTISES IN HURON NATURAL AREA

Shanti-Yoko, otherwise known as "Forest Bathing," is a Japanese-based practice scientifically proven to help with the increase of immune function and the reduction of the stress hormone cortisol. Recent years have seen the practice in Huron Natural Area in Waterloo, with walks by a certified forest therapy guide. For more information, see visit www.spokeline.com

PHOTO BY NIKOLEY MALKIN

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could give a group of people
one piece of advice, what would it be?



"Dipper."

Stuart Bilkert,
first year
politics, security and
investigation

"Money talks. It says how
big men are. I'll show you
tomorrow."

Braden Koenemann,
first year
politics, security and
investigation



"Be prepared for surprises
but don't have bitter feet
today."

Thomas Irwin,
second year
community and cultural
arts

"Just breathe... Get it?"

Matt Schubert,
second year
occupational therapy



"Use a life you're proud of."

Rebecca Poerl,
second year
police foundations

"Life is only as good as
your mindset."

Paul Bandy,
first year
politics, security and
investigation



FELBERT CARTOONS

DON'T WORRY HARRY!
I'VE GOT A HELLUVA
A GREAT GOSH DAY AT
WORK. ONLY 10 HOURS!



BY J.A. FELBERT

**FEELING WHAT ARE
YOU FEELING?**



**SHALL I TELL YOU
TO STAIN THE CARAVAN?**



BY J.A. FELBERT

Self-defence course held twice a year

BY HEATHER SHERMAN

Conestoga College has held a rape aggressions defence course three times since September 2005 and the number of participants keeps growing every year.

The course was most recently held at the college on Oct. 18, 19 and 20 in the auditoriums located on the west campus.

It is currently offered once a year with Security Services helping to add a women's self-defence course to the basic course. The basic course is to teach women how to defend themselves against physical and sexual assault. Women can taught various defence mechanisms to keep as small while travelling, at work or home, if attacked while sleeping. The course also aims to empower women who have been victims of sexual assault in the past and to give a good fit for women who are interested in joining law enforcement agencies.

Leora Campbell, a security representative at Conestoga College Safety and Security Services,

said the course has been offered for many years.

"The college always gets lots of people to run the self-defence course," she said, adding she sees room in it with the help of assistant supervisor Diane Aragon-Vazquez.

Campbell said she was trained on rape aggressions defence at Ryerson in 2001 and has taken additional training in New Mexico (2003) and Michigan (2007). She uses to attend yet another training seminar at Ryerson this February.

Campbell identified a few areas where women could be more cognizant of their surroundings. She said they need to be alert when they are "not at night alone in parking lots and in dark areas."

She said her biggest concern is "women going out with their employer on and later going to local bars." She said it enables the possibility of trapping a woman.

Twenty new participants took part in last month's course.

With the number of assault incidents increasing every year, Campbell said, "I hoped more people would sign up."

Women from ages 18 to 60 have taken the course.

Students can find out about the winter session through the Conestoga Record, posters and LCDs in the hallways.

Participants are required to sign up at Security Services in Room 2100. Classes are held three days a week from 8 to 9 p.m. A total of six hours has to be completed to get a safety completion certificate.

CONNECTION

In an Oct. 30 story on the Kitchener Waterloo Record and Waterloo Citizen, a group that plays volleyball on unmarked lawns was given. The group wants Wednesday at 5 p.m. and 7:30 p.m. on Sundays, at 10 Chapel St. in Kitchener.

HOCKEY HELPS THE HOMELESS



Patricia and Electro Peltz, two of the 50 Hockey Helps the Homeless team, keep off at BM Park in Waterloo at this year's charity tournament (Oct. 26). For video story, go to www.kpcmedia.ca.

PHOTO BY JAMES WELLS

Film festival brings more than just movies

By Alan Rabinowitz

The opening night of the 10th annual Grand River Film Festival at the beautiful Theatre on Cambridge brought a serious issue to the attention of the community: the problem of homelessness.

The film *Lowdown Tracks* by Shelley Newell showcased homeless musicians on the Toronto area reflecting their music and expressing their vulnerability.

John, a man raising his son, Laurent Seguin, recorded the stories of some of the people he met and helped them to record their music. The speaker with homeless musicians all over the city on various buses and shuttles, on park benches, under bridges and alongside railroad tracks.

The stories of these people are heartbreaking and speak to their problems with mental health issues, addictions and histories of abuse. At the same time, their talent and the beauty they express through their music is real gift.

One woman who is featured in *Lowdown Tracks* stayed out in Kitchener and ended up travelling all over the country playing music to stay alive. She talked about

her depression and sense of the hopelessness she has had the need rapidly when being forced and says she wants people to learn from what she has lived through.

"Everyone who is homeless has been here," said Egg.

The evening began on Oct. 24 with an afterparty by Gayle (Lorraine) the MC and a ride home from 805 & Davis PM who are a Toronto College alumnae.

She talked about the work that goes into this type of festival and her appreciation for the Blue Jays. She admitted she was not really a Blue Jays fan, but the work she has done at Lorraine has allowed her emotionally.

"There really is something for everyone," she said.

The festival was held from Oct. 24-26 at various venues across the Region of Waterloo. It featured 13 longer films and showed a number of short films from the BFI's SHORT shorts competition.

There were guest speakers and panels of directors, film professionals and local entertainers. In addition there were musical performances and gatherings with food and drinks.

Indigenous musicians provided learning opportunities for filmmakers, so they could meet

people and develop their skills.

At the opening night, before the diverse and exciting acts on the stage you could hear soft laughter and scraping chairs in random corners of a theatre and a note from a nearby instrument.

The Cambridge Symphony Orchestra was in place, and ready to perform.

They played a medley of the related songs and were led by music director Barbara Vacca.

The curtain raised the amateur musical guest after Lorraine Thivierge was shown. Superimpositioner Kaitlin Holdstock from Kitchener although she has an apartment in Peterborough currently, she was homeless for a number of years. She was not able to care for her own children because of living in poverty and left them at a young age herself.

"I have only ever sold my soul, but I'll never go selling again. York Street may own my soul, but I'll never give up, never give out," Holdstock sang.

Volunteer Joyce Konda discussed the importance of this film and said work needs to be done to end homelessness to help.

"Everybody needs to see that one," said Konda.



PHOTO BY AL RABINOWITZ
Kaitlin Holdstock singing at the opening of the 10th Grand River Film Festival this year. The film is about homeless musicians in Toronto and their struggles.

In with the new at the KPL

BY MARINA BORODINA

Studio Central is a new creative digital lab that will be added to the main branch of the Waterloo Public Library (KPL) in the new future. It will be an expansion of the current Digital Media Lab.

The library plans to add Google's free 3D printer, money for all mapping creation, a virtual reality room and additional spaces for other creative activities.

On Oct. 26, the KPL held a kick-off party for the Studio called Party in the Studio in order to help raise money to support funding Studio Central.

The kickoff party included Google Maps, the 3D printer and 3D printing of people in which virtual reality headsets and many guest speakers including the former engineering director of Google, Ramey Woods, the mayor of Kitchener, Berry Veldman, and the past president of Creative Digital, George Keenan.

"It's clear that the community wants and needs this kind of space," said Mary Cheesman, CEO of the KPL.

According to the Internet Pew Research Centre report, entitled "Liberals" 2014

approximately 80 per cent of Americans think that libraries should teach people how to use technology and digital tools like computers, smartphones and applications. Fifty per cent of Americans think that libraries should buy digital media tools like MP3 players, and allow people to use them.

"We're talking about a new reality, where people are becoming more and more mobile and libraries continue," said Stephenie Keenan, HITS Waterloo Region Branch and KPL's great librarian. HITS is a place to work that promotes digital literacy.

During speakers Woods said, "You take at the new way of learning to consumers people who want to learn with people who want to teach." The Studio will bring those people together face-to-face, and allow them to see what they learned in practice.

"Throughout time libraries have been synonymous with literacy, and we're in a new era of literacy digital literacy," said Bob Eglin, manager of community connections and development at the KPL, when speaking about why Studio Central is important to Waterloo Region and the library.

It is now just one day before the U.S. election. The American people especially, but also many around the world are waiting in anticipation to see the outcome. The election is also known to be causing a lot more concern than any recent history.

The question is: how do one of your main party options seem corresponding, as it is trying best to what you think is the future of this country?

I get the urge of math thinking, but I think on the long term there is a changing mindset. By allowing people to be a competitor of whom the least to think of our normal options we still end up with two terrible options. The current American election has probably dragged the standard of what is expected from a leader to an all-time low. Supporting an all-time high. Supporting an all-time high. Glaring flaws in their own candidate simply because they are the other person is worse. These flaws are constantly ignored

The best of the worst



**Related
Reading
Opinion**

in a small fight, we had a competition where all candidates were actually mostly unpraised and praised by a majority of the people? When candidates were held to such a high standard that even partisans from opposing parties could say they liked the opposing candidate. Finally, of course it even seems possible looking at the current U.S. election, and really it never will be, as no one, please to support the lesser of two evils or choose a Country, rather than the best of the best.

At that point it is the left of the American to change course. I know they are going to have a lot of options that a majority of America is disengaged of. The issues we can't even begin to talk about the people of integrity, who care because you believe in. If you don't like anyone on the ballot, write someone you agree of. If more people did this, maybe we could have more options in the future, considerate not to except everyone people who would actually work for the benefit of their country.

Ariel isn't the only thing under the sea

BY BRADEN RANGER

How many pumpkins did you carve for Halloween? One, two? Most of the women who made 100 just "haven't got to" start money raising.

Karen Kryppa, 36, of Cambridge, has been raising money since September for the United Way of Cambridge and North Shrewsbury, an organization that improves the lives of people in the community.

"It's a non-profit. They work with about 80 agencies in this area to help people basically move out of poverty," she said. "So, there's an organization with the final back, they help with some adult literacy programs, they also work with children's mental programs."

Kryppa has been carving multiple pumpkins for the past, and last year carved 75 of them. The seeds, including the Waterford Region Board, and many area residents came to see her display she said. So, Kryppa and her husband came up with the idea of raising money for charity and doing something for the community that would last a little longer than Halloween night.

"Last year I didn't do a campaign. We were on the paper as an artist," she said. "People started coming to see the display. Since last year was my biggest attempt, 75 pumpkins the seeds came. So, just saying all the people come and getting off the feedback, that year we decided to raise money."

People could donate any amount. One little girl who came in the door dressed as Elsa from the movie Frozen dropped a \$5 bill into the donation box and asked Kryppa to carve it.

"Most of my carved pumpkins had on the last couple of years have been located on

changes we are so interested in," said Kryppa. "Last year he was just there and he wanted experiences. So I did all of the research and all of the videos."

Ashley Lumbardino, her son, who is now four years old, was dressed with sharks this year and as Kryppa decided to name one based on the sea.

"I have got some sharks that I have already carved," she said. "I have marine life, tropical fish, whale, most shark strengthen are human, octopus, anything under the sea you can think of."

These carved pumpkins were on display on the night of Halloween and made her home on the front lawn. Kryppa said she was dressed like a mermaid and her son was a shark. Her husband joined them by being a puffer.

On Oct. 8, the family went to harvest pumpkins at Kryppa's Family Farm, which supports her by growing all of the pumpkins for her.

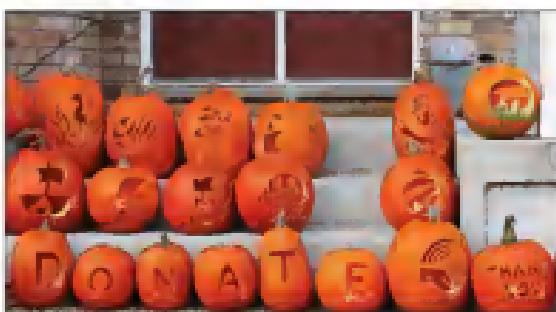
"We go out into the fields with our gloves and our workbooks and we pull them, right off the vine and get them on the truck," said Kryppa. "We have done that since Ashlan was able to walk, all together as a family like a pumpkin harvest day."

She said she always finds ways to do things to the fall and winter months and one year she did a display of people in hats who wanted all the baseball gloves as well.

"We all come together for Halloween, so why can we come together every other day?" said Kryppa. "They (United Way) are great supporters and they have these communities that you people on the right are going to part because like a perfect match."



Karen Kryppa, shown with her son Ashlan Lumbardino, sits with the pumpkins she carved outside their house in Cambridge. The pumpkins were only on display on Halloween night.



Comedy 4 Cancer attracts full house

BY MATTIE RYANAGRAKA

Cambridge marketing students hosted their Comedy 4 Cancer event at Cambridge Studios during a Downstage Comedy Trunk Get 10 benefitting all proceeds to Canadian Breast Cancer Research.

The venue was a full house. Although admission was free, the marketing students asked for a ticket donation from attendees at the door and during the event. It was also the first day the Trunk Get 10 event was

up later than year, attracting more off-campus than previously expected.

Andy MacFarlane and Cambridge alumna Tya Wright both come from from Rusty Nail Comedy in Wellesley. Wright, a comedy group, were the emcees for the entertainment. They both had the same easy and fun laughter with jokes ranging from the relatives to the emcees.

"Very early on I started to reach out to some charities," said the Founder of Rusty Nail Comedy Alex Mac. "The rea-

son was no money, I myself had been looking on charity shows. They were always interesting. The crowd is always there with a lot of support and I know a couple always go to the bar at really stiff bar just to give your home to a good cause. The great thing about comedy is everyone is laughing, and that's the best part when you are doing charity for cancer issues."

Wright was Breast Cancer Awareness Month, bringing attention to the disease which affects one out of every 10 Canadian women. The peak incidence of breast cancer incidence has helped increase the survival rate to 80 per cent, according to The Canadian Breast Cancer Foundation, as high as 80 per cent in the four largest diagnosed age brackets of 40 to 49 and 60 to 69.

The marketing students' main goal was to use laughter to "reduce your pain and suffering." With a healthy donation from the students and plenty of laughs as well, it's clear the event was a success.



Mattie Ryanagraaka
Photo by Mattie Ryanagraaka
Mattie had comedy and
Cambridge alumna Tya Wright
delivers a room-raising joke
during Comedy 4 Cancer at
Inert, former Landover held in
The Trunk on Oct. 19.

United Way jitterbugs to 75



PHOTO BY REBECCA LAMBERT

Angela Rose O'Brien spins across the dance floor at United Way's 75th anniversary on Oct. 27.

BY NICHOLE LARIVIERS

United Way Kitchener Waterloo and Area celebrated its 75th anniversary by going back to the beginning. The anniversary, Nov. 1, 2014, was used to look back and give back to the many of organizations they support.

"It is a fundraising event but it's really more about the recognition of the people who 'help us out,'" said Brian Pender, United Way's media and communications specialist.

Organizers thought it back to the very beginning of the agency with a '75th theme' in 1941, the Kitchener-Waterloo Flood and Charities was created to raise money for the new work being done by local organizations. With the end of the Second World War they continued to raise money for local flood relief agencies including charities.

It was then in 1956 that their name changed to Federated Appeal of Kitchener Waterloo and Area. They decided to put United Way/Community Councils and became United Way Kitchener Waterloo and Area on June 12, 1984.

With live music from the K.W. Big Band Theory playing songs from the '40s and everyone dressed for a 1940s anniversary had a blast. With women wearing beretts with red bows on hats and top hats you really were taken back in time.

"In an essay from this is what people did in the '40s," said Jim Viana, CEO of the organization, as he watched a group of volunteers shuffle on the floor.

Volunteers took part in a silent auction of many different prizes. From play tickets to paintings, with all proceeds going to support United Way charities.

"This is a confirmation that at

in some ways, we probably kind of to celebrate United Way's 75th anniversary and to get a chance to invite our donors and our people who you know have been partners with us in the past," said Baskin.

They had many different booths to entertain the audience including food provided by Little Blueberry Kitchen, games, a dress-up photo station and the dance floor where lots of swing dancing took place.

The 15 supported charities are ones that provide food, shelter and counseling, as well as over 100 humanizes services.

Supporting United Way is simple. To make a donation, go to their website, www.uwky.org. You can also show your support by holding an event to raise money. You can do that by filling out an event proposal on their website.

Alzheimer's disease... it's more than you think

Memory loss is not the only sign. Learn the other nine.

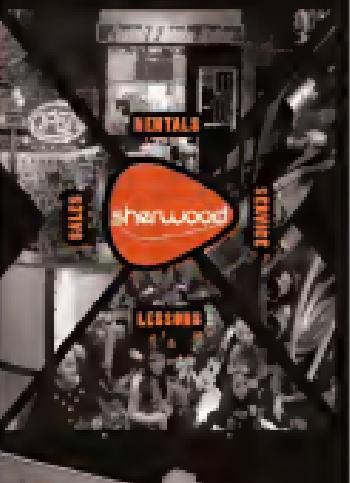
CRAVING SOME GRASS?



PHOTO BY REBECCA LAMBERT
From cows and humans share 80 percent of the same genes. Thankfully we don't share a diet of grass.

sherwood

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Did we forget?

BY SPENCER STATION

The school year is over. Halloween is over. That is, for the most part. A few parties bubble into the early hours of Nov. 1, children are passed out their candy canes, parents are left eating the scraps that remain, and others seem to complete with all their holly jolly Christmas spirit.

The noise, lights, decorations and lively conversations that all occur along with relatives and the festive time of the year seem to magically appear the morning after the spooky holiday.

Now, there is nothing wrong with this. Christmas brings family, people closer to their family and friends, and something about this holiday just lightens people's moods. However, the morning seems a little off.

On Nov. 11, 1918, the First World War came to an end. Over nine million soldiers and seven million civilians died in that war, not to mention the number of civilians of huge proportions that died there.

Since then, all countries have observed Nov. 11 in remembrance of veterans. Schools hold assemblies, local places and other facilities display their respect for those who fought for our freedom. Overall, people take a moment to the 100th hour of the 100th day of the 100th month to remember those who gave up their lives.

Unfortunately, as the years go on more people continue to make fun of this. Children don't understand why they are wearing red poppies over their books or sitting in silence while a stranger plays the trumpet. These people truly understand what Remembrance Day is and why it is so important to our history as not only Canadians but a world.

In Ontario, Remembrance Day is not a holiday. People think most people will take the day off and not out that time to a moment to respect those that were in the war.

In 2017, there were approximately 8,500 students enrolled at Guelph's Collegiate Drama Company. At 11 a.m. on Remembrance Day, many took hold. However, only two and a half per cent of students attended. Last year, drama year performances students were given a task to convince people around campus about why they wear a poppy. The students didn't run out of time but to the lack of people showing up. Many students claimed that they were poppies because they always have seen the red poppies.

We are losing more veterans as the years go by. We no longer hear in terms of the First World War and the reminder in the Second World War as quickly taking the day off for our perfect Christmas gifts that forget about Remembrance Day. Once schoolchildren grow up, are they going to remember veterans or a group to be in "back in the day" kind of mindset. We will, except for a few days saying "we no longer," but it seems as though a group of us already know.

The reason I wrote this is the position of the newspaper and my comments as the author.

Letters are welcome

Letters writers letters to the editor letters should be signed and include the name and telephone number of the writer.

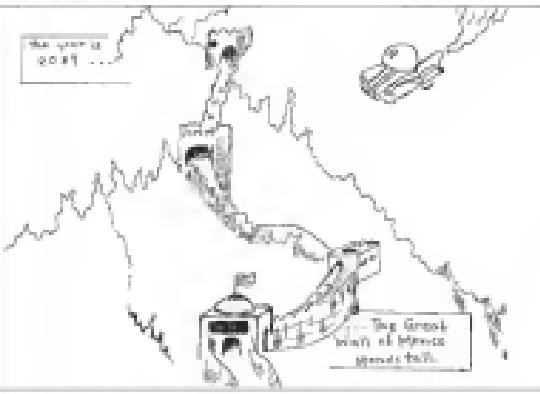
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Letters should be no longer than 500 words.

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If Trump wins tomorrow's election...

The feminist and government command



MEGHAN
MARSHALL
OPINION

I am a self-declared feminist who wholeheartedly supports Trudeau's Liberal government. When I first got involved in the change in the national anthem,

Women's rights have improved drastically over the years. During the start of the 1900s women were considered less valuable than a man. We used to have no rights and being considered as slaves in our country to having the right to vote, own property, have laws off to care for a child, and be in positions of authority.

The Paris Women's Right for Equality is where the first real number of female and male education were born down to that. We used recently supported Emma Watson's He For She campaign on October. The campaign focuses on women's rights and calls for the world to come together in preventing the issue. Her actions to fighting against a right movement to give me hope for the future. Just as I

necessary to change the national anthem? Diana "All they ever command is usually make women feel less equal."

Should they not be focusing their effects on something more like changing? The focus of a song isn't just on what it is as well not being equal and being treated as less because of our gender. For having laws on mandatory predators that women need but hardly any effect. There are more concern that sex being put in the law, because in a law change to the national anthem, would that mean a bigger women's rights, yes I believe so.

The government should be looking for issues like inclusion with older women, mental health, the

rights against FGM and our First Nations living much better.

The original song was in French and the in 1908 an official English version was written. The last version excluded the lyrics. "They don't do us" ladies being written on "All they ever command is less equal" as 1908. The reason for the first version was due to the government hoping it would persuade young men to enlist for the First World War. If they wanted a change could they have just changed it back to the original?

Also if we are going to change it to be more inclusive then there about us taking out all the religious references. Not all Canadians pray in the same God, none of us don't believe in any gender being at all. We just can go halfway when talking about equality.

If we are going to change lyrics for the group then we should make sure the rest of the song intact as inclusive for everyone else in Canada. It is 2018.

Spoke

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Time to kick it old school

By REBECCA RAJESKI

Canadian country singer-songwriter Telyor Oakes didn't mean to turn every where to look these past few months into a stage and play in their Midwestern radios, but instead of Norma Jean, he's in his own album *Old School*.

At seven years old, Telyor was making out to whatever music he could find anywhere he could. Whether he performed at competitions or in front of his family and friends to know that one day he was going to make it big. At 15 he packed up and headed to Nashville with his dad, from that day on from Burlington, Ont., that country star has played with a variety of artists from different genres including country superstars Big and Rich, Canadian pop star Shania Twain, and country rock band Rascal Flatts.

However, his fame did not come for free.

"There is no handbook that tells you about the music business," said Telyor, now 17, as an interview before his show in Kitchener on Oct. 31.

After two years of little success, Telyor and his dad returned to Canada. He con-

tinued high school like any other student until his friend talked him up to the music industry and he was signed by R&B Records.

He said the industry is constantly up and down.

"Sometimes, stage doors sound right, but they don't do as well as you hoped. There are always struggles and always days when you're not sure if it's worth it."

But that didn't stop the singer-songwriter. Telyor released two albums before *Old School*, his first single at 2008, *We Should Dance* (from *My Big Mouth*), a Country Music Television (CMT) nomination for Best New Male Country Artist, however, the single did not break the Top 20.

Telyor moved back to Toronto where he continued to work hard in the industry.

"I did no plan," he said.

After another hit single in 2009 and a surprising last minute win of his forever mother, John Steak of Big & Rich, Telyor returned to Nashville on Sept. 25 signed.

In his native Kentucky he clearly states his career intentions.

"I really wanted to be true to myself making my own record. I didn't want to feel like I had to fit in with certain lines,"

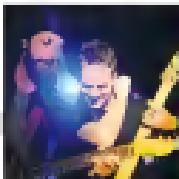


PHOTO BY REBECCA RAJESKI

Telyor says, "I'm definitely a country singer but I grew up listening to everything and I like to write in all genres so I wanted to push the envelope and make a record that fell on the contemporary side of country."

Telyor said it's easy to make a song that's straight down the middle, something you know that the radio will love and will always be the top 40 song.

But, he added, "I'm not writing music and songs for the radio. Although it is nice to have my songs over the air, I do it for the fans and business and for myself."

The soon-to-be album *Old School* features 10 songs that send you back to the 90s where times were easy and there wasn't a care in the world.



PHOTO BY REBECCA RAJESKI

Tanya Drotch, a Canadian country singer-songwriter, wraps up her guitar during her first-ever, sold-out concert on Oct. 29 at the Kitchener Cornet in Kitchener, alongside bandmembers Dan Gotsick and Jennifer Van Gorp (in photo above left).

Tanya will perform a sold-out show at Peterborough on Nov. 17 for her last show of the Fall. Come First Show Tour Fans had to take care of their local radio stations in case tickets or buy a used ticket or get a press

"If you think of it, we let people come for free this year by winning tickets; they tell their friends and share the songs and just have no idea how to party. Then maybe when we come back next year we'll spread well-fetched on our."

Stressed out?

By REBECCA RAJESKI

It is the most stressful time of year for students. They are increasing about mental health, family and, of course, school and the grades.

It's the time of year when you are stress workshops popping up all over the place. One held at the Walker Head in Kitchener, was called the "How to not get a cold" workshop which took an unhealthy spin on the class, heavy talk of "How bacteria lives" or "Bacteria and virus workshop."

Kate Peters, one of the three facilitators, said they wanted to "take away the fearlessness of the workshop by letting it something that everyone could relate to. Something that could stand out and actually make people want to come."

Peters along with the other facilitators, Peter, Haynes and Alison Parker, guide the workshop all about the mind, the stressors and ways to get out of an extreme stress situation. Here are their ideas:

1. **Something's off**: productive to feel like doing anything. When you are stressed out just take a break and don't do anything. Lie down to allow your breathing and heart rate, which in turn can help

you deal with your stressors.

"Relaxing should be a priority," said Peters. "It helps cope up to stressful situations."

2. **Write it out**:

Literally. Take a pen and write down everything that's stressing you. "About the problem," said Peters. "Sometimes that's easier to do when it's written out and you can straight it front of you."

3. **Talk it out**:

Talk therapy means many levels to your body," said Peters. "It makes you feel better."

Talking to people about what's stressing you can be very difficult, don't do it unless you are ready. Talk to people who aren't involved in your stressors. For example, if you are stressed about school, don't talk to your classmates, instead, talk to others who might have a different perspective than you do.

4. **Laughter is your friend**:

Think about pictures and negative ways that you predominantly deal with stress. Write them down. Come up with more ways you can positively relate stress levels and try to avoid using the negative tactics you wrote down. Talk to friends about ways that they deal with stress, they might

be able to help you find a new way to relieve your stress.

5. **Exercise** (not to make a hole in your belt, 21 days to break a habit):

Surprisingly, all it takes to make and break a habit is 21 days. That means that if you are one of the things on your to-do list, but for at least 21 days straight, it will become something you do regularly.

6. **The ABCs of stress**:

Adrenalin. What triggered a reaction? What were you doing when you became hyperactive?

Conscious. What did you react to in trigger (internal or external)? What were the consequences?

Relax. How do you come to terms with what happened? What do you do in yourself that could be making the negative stress worse?

The control of your triggers by thinking about the ABCs. Think about what triggered a certain reaction, when you reacted to the trigger, and how you can stop it from happening again. And remember it's only a problem if you think it's a problem" said Peters. Which means that it's only a problem a thought in the back of your mind if you make it an

CROHN'S & COLITIS

Make it stop. For life.



Tackling Crohn's and colitis

By SCOTT BURKHARD

Nowhere as Crohn's and Colitis Awareness Month continues in Kitchener, Ont., a club dedicated to creating positive change in the local community, will be holding a fundraiser throughout the month to try and help find a cure.

The event, called "Break a Group," will take place every Wednesday in November in the stream on Cambridge Street, between CJA Books to celebrate the disease as the difference that Crohn's and colitis sufferers go through while helping the rest of the city and urban. "The more well-known public events will be held in the month of December," said Tom Henningsen, vice-president of CJA.

to raise funds for research on the disease. The walk will be held on Dec. 3, 2010.

CJA carries offices, mostly on the large board. The group can sometimes be seen enough to require the removal of parts or all of the large board, though certain areas can often provide relief. "The areas of action will not be affected, and changes in the only known cure," said CJA.

Crohn's affects a larger area than colitis. Colitis can experience pain anywhere along the gastrointestinal tract, take make the rectum of Crohn's a narrower, middle colitis, however, it lies in sight. "We have decided to hold this event because it is a disease that very few people talk about due to the nature of the symptoms," said Tom Henningsen vice-president of CJA.